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HEARTBREAK HIDEOUT

AN 'INCONSOLABLE' ROBERT PATTINSON IS LAYING LOW AT REESE WITHERSPOON'S RANCH PAGE 18

CALGARY metro®

Thursday, August 2, 201

News worth sharing.

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ANOTHER DUNK IN THE MEDAL POOL

Members of Canada's men's rowing eight throw a teammate in Lake Dorney after winning the silver medal in Eton Dorney, near Windsor, England, at the 2012 Summer Olympics, Wednesday. Meanwhile, tattooed swim idol Brent Hayden thrilled fans when he picked up his first medal — a bronze. For the stories, see pages 24-25. NATACHA PISARENKO/THE ASSOCIATED PRESS

AHS exec quits over expenses

Living large. Nearly $350,000 racked up over three years, documents show

The chief financial officer of Alberta Health Services quit on Wednesday after documents showed a history of taxpayer-funded lavish spending on meals, social events and a phone for his Mercedes.

Allaudin Merali's resignation came just weeks after he was hired by AHS and three years after he left Ontario's health system amid allegations of similar over-spending.

AHS announced his departure at a hastily called news conference in Calgary hours before the CBC was to air a story on Merali's spending, which it turned up in a freedom of information request.

Chris Mazurkewich, acting CEO of AHS, said while the lavish spending occurred while Merali was in his old job as CFO for the now-defunct Edmonton health region, the optics make the situation intolerable.

"We were concerned it would detract from his ability to act as CFO, and we've taken difficult but necessary steps to ensure public confidence," Mazurkewich said.

"After discussion with Mr. Merali, we agreed he would leave Alberta Health Services."

Mazurkewich would not say if Merali was fired or if he quit, adding that the severance pay is still to be worked out. "We mutually chatted and we've ended the employment contract," he said.

Merali was not at the news conference and could not be reached for comment.

AHS later posted the spending documents online. Mazurkewich said the department will soon be posting all executive expense reports online and has asked the auditor-general for any advice on how the organization can be made even more transparent.

THE CANADIAN PRESS

Lights out at the Uptown

Decreasing revenues and the changing art-house movie business have forced the closure of a historic Calgary venue PAGE 4

Will her rivals be treated to a swimming lesson?

Couldn't wake up before sunrise to watch Brent Hayden at the 50-metre freestyle heats this morning? Don't fret: Check out more swim action as Martha McCabe competes in today's 200-metre breaststroke final at 12:30 p.m. MT on CTV. More Olympics coverage: PAGES 24-25

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Radio contest.
Support pours in for father, daughter

What was meant to be an "edgy" contest to give away or torch $10,000 turned into an emotional outpouring of support for a local father and his daughter.

Calgary's 90.3 AMP Radio began promoting a contest over a week ago, telling listeners to share what they would do with $10,000.

Calgarian Marc Drynan heard about the contest as he and his daughter Rheanna, 12, were getting ready to attend Rheanna's mother Winona's funeral.

"I just called to see how the contest works. That was all," said Drynan, adding he wanted to win the money to save for his daughter's college fund and take her on a trip to scatter his ex-wife's ashes in the ocean, as Winona had wanted.

AMP announcer Ryan Lindsay said he was so touched by the story, he decided to scrap the original contest, which would have let Calgarians vote on whether to gift the money or literally light it on fire.

"We all started crying," said Rheanna. "I don't even know how to describe it. There are so many nice people out there."

Donations to the Trust Account for Rheanna at TD banks across Calgary began pouring in hours after the fund was opened — one as high as $1,000. WestJet has also come forward to fly the family to the West Coast to spread Winona's ashes with the dolphins.

KATIE TURNER/METRO

Rheanna Drynan, 12, is seen in this photo with her mom Winona, who passed away on July 22.
PHOTO CONTRIBUTED BY AMP RADIO

Southwest

Police release sketch of suspected flasher

Calgary police have released a sketch of a suspect believed to have flashed two teen girls in the city's southwest last Sunday.

Police say the man exposed his genitals to the girls at a bus stop on 37 Street S.W. and 45 Avenue around 5:30 p.m. Sunday. The man was sitting on the bench shortly before that talking with a woman, and cops would like to speak with that woman. Anyone with information is asked to call 1-800-222-8477. METRO

Police sketch of suspected flasher.
COURTESY CALGARY POLICE SERVICE

Crime Stoppers

Half-naked cyclist sought by police

Police are looking for a man they say grabbed a woman while he was riding a bike without pants on.

According to a release from Calgary police, a 21-year-old woman was walking on the 800 block of 32 Street S.E. around 1:30 a.m. on Sunday when she was approached by a man on a bicycle.

The suspect was naked from the waist down, say police, and he circled her repeatedly before grabbing her arm.

She screamed and the man rode off.

Investigators say the suspect's description is similar to a suspect in another incident that happened earlier in July in Radisson Heights.

The suspect is described as Caucasian, between 30-40 years old, with light-brown spiked hair.

Anyone with information is asked to call Crime Stoppers at 1-800-222-8477. METRO

Fatal crash should serve as 'wake-up call': Police

Investigation.
Distracted driving may have played role in Tuesday incident

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Police are investigating the possibility that driver inattention played a role in a fatal collision Tuesday.

If so, it would be the first confirmed incident of its kind since the province introduced new distracted driving legislation last September.

"I think that this should be taken as a wake-up call for everybody," police Sgt. Colin Foster told reporters Wednesday.

During the evening rush-hour Tuesday, an 18-year-old male was driving his Ford truck on Highway 8 when he veered into the path of a tractor-trailer and struck it head-on.

He was pronounced dead at the scene.

Foster said investigators were examining cellphone records and the victim's position in his vehicle to determine whether he was paying attention at the time.

Don Szarko with the Alberta Motor Association said its tough to gauge the role distracted driving is still playing on roads provincewide because it can be tough to prove in court, but commended police efforts.

"We need to know the causes of crashes before we can consider what to do to mitigate those crashes," he said.

Enforcement

- The provincial distracted driving legislation allows police to issue $172 tickets to those caught talking on a handheld device, texting or performing other dangerous activities behind the wheel.
- Through 10 months of enforcing the legislation, Calgary police have slapped 4,220 drivers with the fine.

Police Sgt. Colin Foster, seen in a photo from earlier this year, is encouraging safe practices behind the wheel following a fatal Calgary collision Tuesday.
METRO FILE

SMEN 1

Mobile news

Victory is sweet, but along that road an athlete has got to endure a bit of pain. Scan the code to view some cringe-worthy moments from the Olympics.

Airport development. YYC runway on time and on budget: Officials

The concrete pour has begun on the $600 million runway development project at the Calgary International Airport.

"It is going very well. The project is scheduled to be completed for May 2014, and we are on track for that date," said Bob Schmitt, Senior Vice President, Planning and Engineering for the Calgary Airport Authority.

Despite inconsistent weather making its way through Calgary in the last year, crews continue to stay on pace and on budget.

"We had a challenging 2011 with weather," said Schmitt.

"But we continue to make great progress."

There are currently over 350 people working on site on the runway.

The Calgary airport is currently at capacity with the existing airfield.

"We need this runway build to accommodate growth in the region and accommodate business and leisure travel in the Calgary community," said Schmitt.

The project is being paid for through the Airport Improvement fee that is added to each ticket travels purchase.

The 14,000 ft. long and 200 ft. wide runway will be in service starting May 2014 and will be able to handle the largest aircraft in the world. CANDICE WARD/FOR METRO

Preparations have been made to begin the concrete pour for the nation's longest commercial runway. CANDICE WARD/FOR METRO

Tuesday's edition

Clarification

Concerns were raised about a headline used in relation to a story in Tuesday's print edition on deceased climber Ranjit Sidhu.

The intent was to characterize Sidhu as a free-spirited person loved by all, not as someone who may have been reckless or careless.

Metro regrets any confusion this may have caused.
METRO

Warning

Woody's Sasparilla pulled from shelves

The Alberta Gaming and Liquor have issued a warning regarding Woody's Sasparilla beverage. The AGLC says people should avoid consuming the product from lot number BB16/02/14 because it could contain glass particles. Consumers can return the product to the purchase location for a refund. All licensed establishments are removing these products from shelves and serving stock, says the AGLC. METRO

Co-owners Blake O'Brien, Jonathan Marshall and Operations Manager Brennan Tilley, announced closure of The Uptown Stage and Screen on Wednesday.
CANDICE WARD/FOR METRO

'We are in a dying industry'

Uptown set to shut down. Internet viewing, film pirates two of the root causes of closure

CANDICE WARD
calgary@metronews.ca

The curtain has been drawn on operations at The Uptown Stage and Screen.

Owners of the theatre said Wednesday the decision was made to cease operations in light of movie piracy and the popularity of Internet services such as Netflix.

"It has been an incredible endeavour and it has been a great ride," said Blake O'Brien, co-owner of The Uptown Stage and Screen.

"I am fond of the old broad."

O'Brien and co-owner Jonathan Marshall, owned the Art House for 20 years.

"We looked at the numbers and made a business decision," said O'Brien.

"To reopen was just not beneficial."

O'Brien said the art house business had changed over the years and decreasing revenues in Calgary have forced the closure of the historic venue.

"It has been a great run, but we are in a dying industry," said O'Brien.

The Uptown is not the only independent theatre to face tough financial woes recently.

It was also announced last week that the Plaza Theatre in Kensington will have to fork out nearly $100,000 to upgrade their projector equipment in the next year or so, to continue to show commercial films.

The Plaza Theatre is Calgary's longest running movie house, operating since 1935.

A brief history

- The Uptown Stage and Screen was built in 1951.
- It housed two screens and seats for 828.
- Jonathan Marshall and Blake O'Brien have been co-owners for 20 years.

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Metro News and Star Media Group are proud to announce we have been named as the official Print and Online Media Supplier for the 2015 Pan American and Parapan American Games in Toronto.

"We are excited about this remarkable opportunity," said Metro English Canada President Bill McDonald.

"And we're looking forward to providing Metro readers with the Games highlights, features, personality profiles and more — delivered with the urban attitude our readers expect."

Toronto Star Publisher and Star Media Group President John Cruickshank said: "Our goal is to provide Canadians from coast to coast with comprehensive, balanced news and in-depth information about the Games through the Toronto Star and our Metro newspapers in Toronto, Vancouver, Edmonton, Calgary, Saskatoon, Regina, Winnipeg, London, Ottawa and Halifax."

The Pan American Games, one of the world's largest multi-sport events, is held every four years for athletes of the Pan American Sports Organization's 41 member states.

Featuring 48 sports, including all Olympic Summer Games events, the Games will draw more than 10,000 athletes and officials to Toronto and the Greater Golden Horseshoe area.

The 2015 Games will run from July 10-26, followed by the Parapan American Games on Aug. 7-14. For more information, visit Toronto2015.org. METRO

Pan Am flashback: Canada's hoop and ribbon team rejoice after winning a silver medal at the 2011 Games in Mexico. NATHAN DENETTE/THE CANADIAN PRESS

Needle found

Needle in food jolts Air Canada

A "full investigation" is underway at Air Canada after a passenger found what appeared to be a sewing needle in a catered sandwich aboard a flight from Victoria to Toronto.

Airline spokesperson Peter Fitzpatrick says Air Canada is working closely with its caterers to ensure heightened security measures are in place.

Meanwhile, a spokesperson for Dutch police investigating how needles got into six turkey sandwiches on Delta Air Lines flights from Amsterdam to U.S. cities last month says it's too early to tell whether there's any connection with the Air Canada incident. THE CANADIAN PRESS

Women's 'hairy legs' add kick to a lawsuit

G20 case. Group sues police for $1.4 million, alleging sex-based discrimination, false arrest, battery — and profiling by officer

Alicia Ridge, in white, studies a Metro Toronto story about the lawsuit on Wednesday. RICK MADONIK/TORSTAR NEWS SERVICE

A woman suing Toronto police over her arrest during the G20 summit two years ago said it's not just about "hairy legs" — a description applied to female protesters by the arresting officer.

It's more about sex-based discrimination, said Alicia Ridge, 27.

Ridge is part of a group of seven people from Hamilton, Ont., who sued Toronto police for $1.4 million Wednesday over their arrests during the 2010 summit, claiming false arrest, battery and malicious prosecution.

The women in the group claim they were profiled by an officer who wrote in his arrest notes that all the women had hairy legs — something he said he associated with G20 protesters.

Ridge, who is a nurse and studying to become a midwife, and also volunteers with a sexual assault centre, said the lawsuit was prompted by allegations beyond the "hairy legs" comment.

"My arresting officer, who was male, decided to do an initial search of my body, which was just basically running his hand up the side of my leg and grabbing my ass, along with sexualized comments and comments that were put out there to create fear," Ridge said Wednesday after serving the lawsuit at police headquarters.

None of the claims has been proven or tested in court. The Toronto Police Services Board was not immediately available to comment on the lawsuit.

The group alleges the police wrongfully arrested them on June 27, 2010 — a day after vandals went on a rampage in downtown Toronto — as they emerged from a pizza parlour. THE CANADIAN PRESS

How to spot a protester : Officer explains

A provincial police watchdog, the Ontario Independent Police Review Director, investigated and found the complaint "substantiated."

- **The officer.** The watchdog's report found Const. James Ure wrote that "all parties appear to be protesters ... and females all have hairy legs."
- **His arrest notes.** The officer told investigators he jotted down the "hairy legs" note as a general observation, calling unshaven female legs "one indicator that I associated with protesters down at the G20 that weekend."
- **The police.** A police spokesperson was not immediately able to say whether any action had been taken against the officer.

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50 SHADES OF GRACE

Bishop Cronyn Memorial Church in London, Ont., is nabbing attention with its sign that plays off the popular erotic novel 50 Shades of Grey. JOHN MATISZ/METRO IN LONDON

A novel way to fill the pews

London, Ont. Church plays off popularity of 50 Shades of Grey

A church marquee is turning heads in London, Ont., with a reference to the popular erotic novel 50 Shades of Grey.

For the past week, the sign outside Bishop Cronyn Memorial Church has read "50 shades of grace" — a play on the title of E.L. James' breakthrough book.

"The intention is that as the book talks about intimate relationships with an unusual twist, so the sign talks about an intimate relationship with God that has a twist," said Rev. Raemond Fletcher, who got the idea for the sign from a fellow Anglican priest in town. "God's grace is not only of one shade."

Fletcher said he hoped the sign would also send a message that the church is not out of touch.

"The church, or at least some churches, are not afraid to recognize that sexuality plays a significant role in modern society, but that it should not be a matter of grey areas but of grace."

JULIAN UZIELLI/METRO IN LONDON

Backlash? What backlash?

- An allusion to a sexually graphic book on the sign of a church is the last thing many would expect to see. However, Fletcher said there haven't been any complaints, and he wasn't worried.
- "Its popularity probably comes from making the once-secret an upfront thing," he said. "Have you read the Bible lately? Very sexually explicit at times."

Nova Scotia. Defective ride injures 4

Four people went to hospital Tuesday after a popular ride at the Western Nova Scotia Exhibition malfunctioned in Yarmouth.

RCMP say metal pieces connected to a seat on a ride called The Scrambler came loose.

Corp. Jen Clarke says pieces struck two children on another seat and the ride then stopped abruptly.

Police say two young children were transported by ambulance to the Yarmouth Hospital as a precaution.

A woman and a 10-year-old boy who were in the broken seat were taken by family members to the hospital later on.

All four of the people who went to hospital were treated for minor injuries and released.

The Elevators and Lifts division of the Nova Scotia Department of Labour will be investigating. THE CANADIAN PRESS

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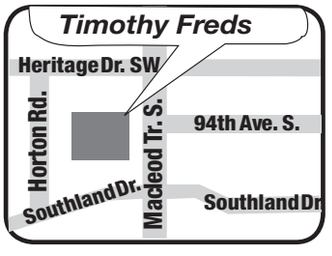

Deadly Afghan 'mafia' profits from instability

Terrorist network. Al-Qaida and Taliban ally's business would decline if fighting ends, new report says

One of the deadliest militant groups in Afghanistan, the Haqqani network, has developed a sophisticated mafia-style financing operation that relies on extortion, kidnapping, smuggling and ties to legitimate businesses, according to a new report by a U.S.-based think-tank.

The report by the Combating Terrorism Center in West Point, N.Y., suggests the system has become so lucrative that maintaining it could be as much of a goal for the group as driving foreign forces out of Afghanistan. That could complicate U.S. efforts to negotiate an end to the war, since much of the network's cash flow is dependent on instability and lawlessness bred by the conflict.

"Life at war has become lucrative — even if highly risky — while an end to the fighting would almost certainly produce a decline in wealth and power," said the report, which was released Tuesday and was based on archival records, documents captured in Afghanistan and interviews with Western, Afghan and Pakistani officials, as well as locals in areas where the Haqqani network operates.

The U.S. has identified the Haqqani network, allied with al-Qaida and the Taliban, as one of its most potent enemies in Afghanistan, partly because of its record of carrying out high-profile attacks on the capital Kabul. The leaders of the group are based in Pakistan's North Waziristan tribal area, having fled there from their homeland in eastern Afghanistan following the U.S.-led invasion in 2001.

THE ASSOCIATED PRESS

Haqqani history

The group's founder, Jalaluddin Haqqani, began developing his financial support network decades ago following the Soviet invasion of Afghanistan in 1979.

- During the decade-long war, he was largely reliant on money, weapons and supplies provided by Pakistani intelligence, which received billions of dollars from the U.S. and Saudi Arabia.

Florida.

Man charged after Batman movie scare

David Escamillo is charged with causing a disturbance at a movie screening. THE ASSOCIATED PRESS

A South Florida man faces disorderly conduct charges after a disturbance at a theatre showing the Batman movie The Dark Knight Rises.

Miami Beach police say more than 100 moviegoers fled early Tuesday after David Escamillo yelled "This is it!" during the film. Witnesses say they saw Escamillo leave the theatre and return wearing a pair of black gloves.

Escamillo was detained by movie patrons until police arrived. Officers said he smelled strongly of alcohol and was yelling, "I didn't shoot anybody." Police found no weapon, and no shots were fired. A records search revealed an outstanding warrant for battery. THE ASSOCIATED PRESS

Safe and sound

People arrive at Kiev's Boryspil airport from Syria late Wednesday. A Ukrainian military plane evacuated 199 people, including 177 Ukrainians, 15 Poles and seven Syrians, due to the intensifying civil war in Syria.

EFREM LUKATSKY/THE ASSOCIATED PRESS

CBC wins back rights to Olympics

Bid approved. Sochi, Rio Games will be back in the hands of the public broadcaster

CBC executive Kirstine Stewart
TORSTAR NEWS SERVICE

The Olympic Games will return to CBC in two years for the Winter Games in Sochi, Russia and again in 2016 for the Summer Games in Rio de Janeiro, the International Olympic Committee announced Wednesday.

The decision puts the massive sports spectacle back in the hands of the public broadcaster, which last aired the Summer Games in 2008 from Beijing. Before that, CBC had aired 19 different Olympics over almost 60 years in Canada.

CBC executive Kirstine Stewart said a long-established Olympic track record helped it nab the rights after two joint proposals with Bell Media were rejected by the IOC.

Those pitches were said to have fallen apart over money, but Stewart vowed CBC's solo bid would not further cut into the public broadcaster's hefty budget woes.

"We actually made sure that this was, based on our prior experience, a cost-neutral proposal," said Stewart, predicting broad coverage on CBC, SRC and multiple digital platforms. THE CANADIAN PRESS

Premium seats

WestJet offering more leg room

WestJet passengers willing to pay more for extra leg room will be able to fly "premium economy" in four rows — but some non-premium customers might notice a little less space in the other seats.

Aiming its premium seats at business travellers with an eye on revenue growth, WestJet will increase the distance between the back of the seat and the one behind it to 36 inches in four rows of planes across its fleet.

But that also means the rest of the seats will be reconfigured to 31 to 32 inches of leg room, a move WestJet says will bring it "in line with North American competitors." THE CANADIAN PRESS

Cigarette challenge

Judge OKs tobacco suit against FDA

A U.S. judge has ruled that a challenge by cigarette makers Lorillard Inc. and R.J. Reynolds Tobacco Co., alleging conflicts of interest in the Food and Drug Administration advisory panel's review of tobacco products, can now move forward. THE ASSOCIATED PRESS

A U.S. judge says a lawsuit by two tobacco companies can go ahead.
THE ASSOCIATED PRESS

The Fed points to a slowing U.S. economy

Trader Bobby Finnerty calls to a colleague on the floor of the New York Stock Exchange on Wednesday. Stating that the United States economy is slowing and that more action could be needed, the Federal Reserve decided to keep interest rates unchanged at near zero. In a statement released after a two-day meeting, the Fed acknowledged that economic activity had slowed over the first half of the year. It also said unemployment remains elevated and consumer spending is rising at a somewhat slower pace. RICHARD DREW/THE ASSOCIATED PRESS

Rising grain prices

Get ready to fork out more for food

Grocery shoppers may need to dig deeper into their pockets as drought conditions inflate food prices well into next year and maybe beyond, Maple Leaf Foods president and CEO Michael McCain warned Wednesday.

Because Maple Leaf buys ingredients in advance, consumers likely won't see higher prices for its products until the end of this year, McCain said.

"Rising grain markets, specifically corn, affect the entire food chain," McCain said in an interview.

McCain said it is too early to guess just how much of a squeeze consumers will feel on their wallets.

"As this unfolds into the fall, we'll have a much better picture."

The food processor reported a good quarter but said it will have to be "prudent" in its spending as it faces a challenging commodity market due to higher global prices for ingredients and drought conditions throughout North America.

The Toronto-based company's net income was $32.5 million in the three months ending June 30, up 32 per cent from $24.6 million in the second quarter of 2011. THE CANADIAN PRESS

Market Minute

DOLLAR 99.48¢ US (-0.23¢)

TSX 11,618.53 (-46.18)

OIL $88.91 US (+85¢)

GOLD $1,603.70 US (-$6.80)

Natural gas: $3.171 US (-3.8¢)
Dow Jones: 12,976.13 (-32.55)

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WHAT MAY SEEM FOREIGN TO YOU IS REALLY JUST NICKELBACK

HE SAYS...
John Mazerolle
metronews.ca/hesays

I never worry when I go on long trips, because I know my father will do the worrying for me.

As my upcoming camping trip to Scandinavia approaches, I can be assured of such nuggets of wisdom as "It will be cold/expensive/non-English there, you know."

These things aren't said with any xenophobia on Dad's part. It's more a presumption that I'm an idiot — which is fair.

My father, after all, spent a good portion of his life watching me putting shirts on inside out, placing metal-rimmed objects in the microwave and leaving ice cream out to melt, and that was just my 20s.

It doesn't help that the first time I ever went on a big solo trip — a cross-Canada train journey — I spent the final five minutes before departure reassuring Dad I'd be fine, then marched out of the station with conviction. Without a train ticket, but with conviction.

Here, then, are my travel tips to help put Dad's mind at ease while simultaneously enlightening my readers. Also to fill the space between the ads and pick up a paycheque. You're welcome.

- Don't get so caught up in overseas preparations that you forget to **tie up loose ends here**. I've been pre-spoiling food and killing my plants so that I don't have to worry when I'm gone.
- If your **passport** is blank, be sure to write in a few countries yourself so you don't seem lame.
- **Burglars** want inside your home while you're gone, so make sure the interior helps you come off well. Leave what appear to be the notes of an epic, unfinished manuscript on a table, or write a complicated-looking mathematical formula on the wall. If you're worried about **security**, a cardboard silhouette "pacing in the window" on a model train set has never failed anybody.
- If you have **children**, remember to leave them at home.
- Carry some **emergency cash** in a "neck wallet" under your clothes. This works because no criminal has ever seen one before and won't think to take the big pouch on your torso that appears to be filled with money.
- Take things slow and befriend the locals. You can't get to know a country by just whipping through it without stopping for breath. I prefer to understand how a place's previous decades and even centuries of history have impacted the current psyche of the people in a time of economic uncertainty, and that takes three days.
- Many people are intimidated by new places, but be confident and remember that millions of people already live in the country you're heading to, and they survive despite rampant idiocy, which is a worldwide condition. A good friend of mine visited me once when I was living in Vienna and — in his first exposure to centuries-old Austrian culture — saw a bar full of drunks belt out Nickelback tunes. If those people can survive, so can you.
- Finally, call your Dad. Better yet, call my Dad. It might help him relax.

If you're not a good traveller, at least look good while you're doing it. ISTOCK

Hang on, the mayor's stuck

Losing momentum

Politician left hanging on a wire

A publicity stunt at a public viewing area for the Olympic Games went awry on Wednesday, leaving London Mayor Boris Johnson stranded some five metres off the ground.

Johnson was left dangling in midair above the crowds at east London's Victoria Park — clutching his Union Jacks — for roughy five minutes before rescuers came to help him down.

THE ASSOCIATED PRESS

Proud moment

"If any other politician anywhere in the world was stuck on a zip wire it would be a disaster. For Boris, it's an absolute triumph."

U.K. Prime Minister David Cameron

Flying high

No gold-medal finish for Boris

Staff at the park eventually pulled him to safety with a rope.

"Fortunately, the mayor survived his first zip wire experience," a statement from his office said.

"Clearly the judges are likely to mark him down for artistic interpretation, and unlike Team G.B., he won't be bagging any gold medals today but he remains unbowed," it added. THE ASSOCIATED PRESS

LEE MEDCALF/THE ASSOCIATED PRESS

Metropolitan Panel

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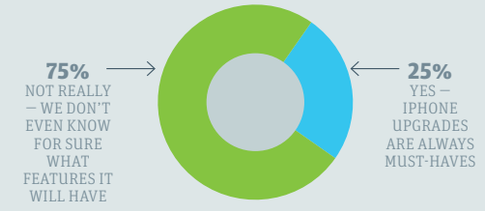
Are you holding off on buying a new phone in anticipation of the iPhone 5?



Twitter

@KatieL89: Attention @calgarytransit users: it is not ok to make-out on the train. Ever. #getaroom #yyc

@JustForAGiggle: The guy sitting in front of me is having a freezie at 830am. I'm so jealous #yyc

@Its_yo_boy_EJ: I luv it when I see people dressed like they're from New York or meant to b on the runway, on public transit #inspiration #yyc #swag

@ChristinaGailC: If ParkPlus machines ever worked I'd pay for parking more often- im not walking 10 blocks to put in $1 - ridiculous. #yyc @CalgaryP-arking

@thekristinjean: Men make you feel gorgeous, amazing, smart & fabulous.... wait. That's wine. Yeah no it's #wine that does that. #yycwine #vino

metro

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SCENE 2

Night Committee, from scratch

Calgary rockers Night Committee celebrate the release of their debut CD, Crime, at Broken City Friday night. CONTRIBUTED

From the top. Band literally erased all of their older recordings to get sound for their debut album Crime

BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

As the lead singer and guitarist for Calgary post-punk band Hot Little Rocket (HLR), Andrew Wedderburn spent a decade doing what you're supposed to do to become successful.

The group signed with cool indie labels, toured regularly, made a video and managed to get some radio play on modern rock radio stations.

But driving coast to coast in a cramped van isn't high on the agenda for Wedderburn these days.

His latest band, Night Committee, was formed three years ago following HLR's split. And Wedderburn says he's more interested in being a great songwriter and performer than a rock star these days.

"What I want is for people to say, 'Night Committee is the best live band in Calgary,'" he said.

"That, to me, is success. The kind of ambition I have now is to be able to deliver a great show every time. I want to write better songs than I ever have before and I want to perform them at a consistently high level."

In that case, Wedderburn has already reached that goal thanks to the crack musicianship of bandmates Joel Nye (drums) and Lorrie Matheson (keyboards).

The current lineup, which has been in place for less than a year, is a much tighter-sounding unit, according to Wedderburn, who originally used Night Committee as an outlet for his more roots- and country-influenced songs.

"We realized the stuff that we had with (former members Brooker Buckingham and Laurie Fuhr) just wasn't what the group is anymore," he says.

"We literally erased all of our earlier recordings and we started from scratch."

The result is the band's debut CD Crime, a collection of powered-up, anthemic rock songs with a touch of country and R&B rhythms.

"I still like country and western and R&B music and it's cool to dabble in that," says Wedderburn.

"But at the end of the day, I'm a punk-rock guy and that's sort of what ends up coming out."

Quoted

"What I want is for people to say, 'Night Committee is the best live band in Calgary.'"
Andrew Wedderburn

Fun facts

- **Turn around.** The album was recorded in less than a week at Lorrie Matheson's Inglewood studio.
- **Double life.** Wedderburn is also an author. His book, The Milk Chicken Bomb, was shortlisted for the Amazon First Novel Award in 2007.

On the Web

The Who fans disappointed by '79 show cancellation trade in tickets for concert 33 years later

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Colin Farrell stars in the remake of the sci-fi flick Total Recall. HANDOUT

It's not déjà vu, memory plots are all too common

Total Recall. Sci-fi remake reminds that amnesia as a starting point isn't all that original — or, if you will, memorable

IN FOCUS
Richard Crouse
scene@metronews.ca

This weekend a remake of the 1990 Arnold Schwarzenegger sci-fi favourite Total Recall hits screens with Colin Farrell replacing the Governator.

Unlike the original, Farrell is more mental than muscles, but like its predecessor it is a story about memories; some real, some implanted.

The movie asks the question: is anything real, or are we watching the memory Farrell ordered?

Memory is an intangible, mental process to attain, amass, remember and retrieve information.

Not exactly the most cinematic subject, but nonetheless filmmakers have used memory as the backbone for movies for decades.

Most memory movies use amnesia as a starting point.

The loss of memory propels the plot of the Hitchcock classic Spellbound.

Gregory Peck plays a man whose guilt at the death of his younger brother causes amnesia.

The movie broke box office records when it opened, but Hitchcock dismissed it as "just another manhunt wrapped up in pseudo-psychoanalysis."

Who could forget Matt Damon as one of the most popular (and violent) amnesiacs of recent years?

In the Bourne Identity he is Jason Bourne, a CIA operative who loses his memory while on a mission.

As he tries to regain his memory, he discovers he has a unique and deadly skill set. As he brings his past into focus, he doesn't like what he discovers.

"Everything I found out," he says, "I want to forget."

Eternal Sunshine of the Spotless Mind presented a different take on memory loss. In this strange and romantic Jim Carrey movie people pay to have painful memories erased from their minds.

Short-term memory loss has provided the backdrop for comedies like the world's only brain-damage-rom-com, 50 First Dates — Adam Sandler woos Drew Barrymore even though she forgets who he is every day — and complex thrillers like Memento.

Directed by Christopher Nolan, Memento stars Guy Pearce as a man with short-term memory loss, who uses notes and tattoos to hunt the person he's convinced killed his wife.

"Facts, not memories," he says, "that's how you investigate."

Finally, two romantic and sad movies explore Alzheimer's disease.

The Notebook pairs James Garner and Gena Rowland in a heartbreaking study of love and memory loss while Away From Her sees Julie Christie and Gordon Pinsent's long term marriage torn apart by the disease.

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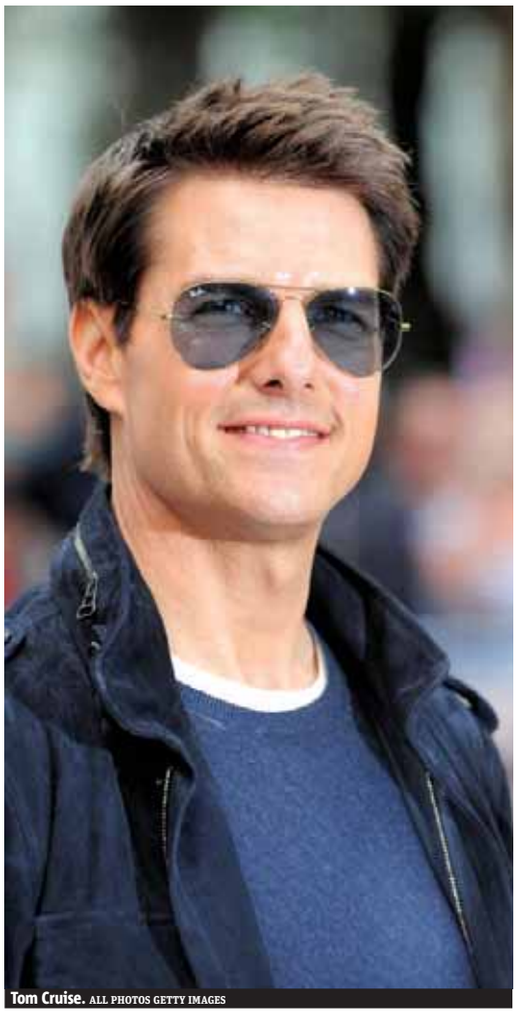

Tom Cruise. ALL PHOTOS GETTY IMAGES

Tom Cruise whisks Suri off to Disney World

Tom Cruise is pulling out all the stops for his time with daughter Suri in the wake of his divorce from Katie Holmes — and he's not above a trip to the Magic Kingdom.

Cruise headed to Walt Disney World with his daughter and other family members this week, with the six-year-old dressed up as a mermaid.

"Suri looked like she was in heaven," another park-goer tells People magazine. "It was really cute. She was walking around like she owned the place, having the time of her life, and Tom — who looked really handsome — was talking to her, was really engaging with her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pattinson staying at Witherspoon's ranch

THE WORD
Monica Weymouth
scene@metronews.ca

Loyal Word readers may have noticed that Robert Pattinson and Kristen Stewart have been absent from our pages for two full days. But all good things, of course, must come to an end.

After moving out of the Los Angeles mansion they were sharing, Pattinson has surfaced at friend and Water for Elephants co-star Reese Witherspoon's super sweet California ranch, reports Us Weekly. Pattinson remains "inconsolable" about Stewart's affair with Rupert Sanders and is more of a "total mess" than usual, sources tell the magazine.

As for Kristen, she's found support with Panic Room co-star Jodie Foster.

"As soon as she heard the news, Jodie contacted Kristen," a source tells RadarOnline. "Jodie told Kristen to take no notice of the media bashing and said if she wanted to cry her heart out to her she's always available."

Unless Jodie Foster's got a Malibu beach house up her sleeve, we're going to have to hand this round to Pattinson.

Jessica Biel and Justin Timberlake

Jessica Biel enjoying being engaged

Jessica Biel and Justin Timberlake probably aren't getting married soon, if Biel's level of preparation for the big day is any indication. The actress says she's prepared "almost nothing" for her wedding.

"I'm just being engaged. I do feel like there is a lot of time and nothing needs to be rushed," she says, according to the Chicago Sun-Times. "Everyone tells me that being engaged is the really special moment — not that it gets bad when you're married."

Twitter

@EllenBarkin
To all u out there threatening me, I have no problem reading your childish age related insults, but threats on my life...no.Blocked & reported

@RealRonHoward
Back in the editing room after a complete and encouraging screening for a few friends and family last night

@MarthaPlimpton
That's it. I'm going on a total twitter blackout until the end of the Olympics. The spoilers are infuriating.

@russellcrowe
The Olympics opened already, wow , missed it, first time in a long time...I've been in the Icelandic bush...well, moss...Kleifarvatn...

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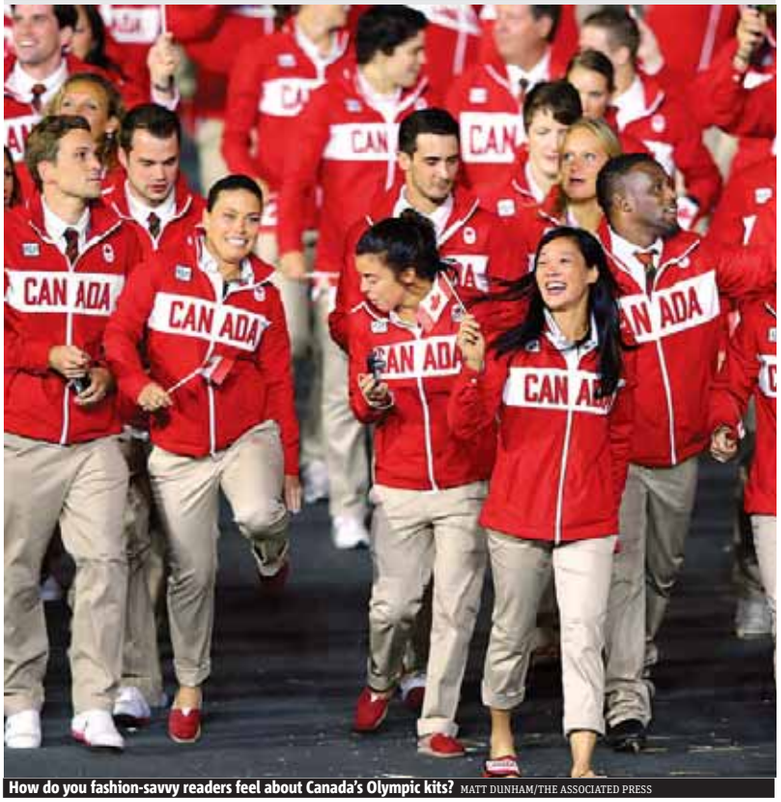

How do you fashion-savvy readers feel about Canada's Olympic kits? MATT DUNHAM/THE ASSOCIATED PRESS

Who said sportswear can't be chic?

The athletes' parade during last week's opening ceremony might as well have been a catwalk show, with some of fashion's biggest names — Armani, Prada, Ralph Lauren, Stella McCartney — designing the team uniforms.

Many in the fashion industry are already calling this the most stylish Olympics ever.

The Italians must be some of the best-dressed athletes, scoring points with an understated monochrome kit in navy and white by Giorgio Armani, as well as waterproof blue designs for their sailing team by Prada.

Stella McCartney has worked with Adidas to design the sporting gear and Village wear (loungewear) for Britain's home team, though the outfits weren't on show Friday as athletes covered up in white and gold tracksuits. McCartney's gear takes inspiration from the iconic Union flag, but she said she deconstructed it to make it "more delicate and feminine."

Look out for them on the track and at the pool: Red is sparingly used to highlight a palette that mostly features white and shades of blue — turquoise, navy, cobalt.

Meanwhile, the American team may have gotten a barrage of bad press for its made in China Ralph Lauren uniforms, but the preppy designs were still some of the most stylish in the arena: clean-cut navy blazers, crisp white trousers, skirts, and shoes, accessorized with navy berets and blue, red and white striped scarves.

The Jamaican team is in the spotlight because of sprinter Usain Bolt, so it's fitting that it also got a boost in the fashion stakes this year. Their kit, which feature the national colours as well as lightning-like prints, were designed by Cedella Marley, daughter of legendary singer Bob Marley, for Puma.

The styles were modeled by a flamboyantly dancing Bolt at a London catwalk recently.

"Cedella Marley brings island colour to team Jamaica — a sea of tropical yellow, green and black," said Avril Graham, Harper's Bazaar executive fashion and beauty editor, on Friday.

Other designers behind the Olympics this year include luxury label Hermes, which has designed riding jackets for the French equestrian team, and Salvatore Ferragamo, which designed the official uniform for the European republic of San Marino.

Some designers didn't get involved in the official Olympics gear, but used the games as an opportunity to cash in and promote their brands anyway.

Karl Lagerfeld, for example, launched an Olympic-themed womenswear collection called Team Karl at London department store Selfridge's — though he reportedly said he wouldn't tune in to watch the games.

Meanwhile, high-street chain store H&M said it was launching two pop-up stores dedicated to selling sportswear in London.

THE ASSOCIATED PRESS

A low score for style?

Friday's athletes parade also showcased some surprising and less popular designs.

- The German team was notable for not using their national colours at all — instead, the kit was all hot pink for the women's jackets, and cornflower blue for the men; both were paired with white trousers.
- The Czechs, meanwhile, wore bright blue wellington rain boots paired with white shorts.
- Some Spanish athletes have posted tweets grumbling about their garish red and gold outfits, and there are even Spanish Facebook groups set up to campaign against the gear.

Scouts honour: Ralph Lauren seemingly drew inspiration from those 'always prepared' club members of the past. MATT DUNHAM/THE ASSOCIATED PRESS

Pool cool

Beauty in a bathing suit

Natalie Coughlin has been in the pool as long as she can remember, building the muscles and learning the discipline that would lead her to 12 Olympic medals. Many of the same things that help in her training also help her beauty routine.

"Eating well and taking care of your body is the No. 1 most important thing for good hair, good skin and good nails," she says. "Your nutritional needs show up on your hair, skin and nails."

Dryness is what she's usually battling, but she has success with leave-in conditioner as a weapon, says Coughlin, who signed earlier this year as a spokeswoman for hair-care brand Pantene. She skips the chlorine-removal shampoos, though, because she finds they not only take out the chemicals but also moisture. When she does her own hair and makeup, she'll wear her naturally wavy hair down with "just a touch of help from the curling iron." She'll wear brown eyeliner and mascara – both "don'ts" on days she is swimming because they'll run.

She'll use a dry brush on her skin before a shower or bath, which not only exfoliates dead skin cells but also feels good. "I take a natural bristle brush and brush my entire body. It's holistic, I'll brush it toward my heart."

THE ASSOCIATED PRESS

On the Web

Ukraine fashion show shines rare spotlight on the disabled.

The beauty of a few curves

Modern looks.
Smooth-lined furniture on its way

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

For far too long we have seen the trend of square-edged furnishings highlighted in the best looking homes and hotels. I have always been a believer that whenever a decor scheme has square corners there must be a few rounded ones to create a healthy design juxtaposition.

As we slowly see a return to traditional lines in furnishings we also see "the curve" coming into modern looks. Here's a selection of "curves-with-personality" pieces that can help break up the linear action in most of today's rooms; and in my favourite colour combination of persimmon and grey.

Round out the room

A rounded banquette helps to snuggly fit a round table and mid century modern shapely chairs in a family eating nook.

Ryder Rocking Chair, $740, West Elm

Danish-inspired design with simple lines and natural materials turns the idea of a rocking chair into something of cool comfort.

Haviland Chest, $350, Pier 1

Painted stripes play off the Bombe curves of a stylish cabinet. A fun, personality-filled accent.

Hartwell Sofa, $1,999, Ethan Allen

An arched back and flared arms help to modernize the classic camel-back sofa.

Isala Side Table, $199, Ikea

Legs reminiscent of Victorian stair spindles serves up oversized whimsy on a side table.

Doily 8' Rug, $800, Anthropologie

Circularly shaped with petal details and scrolled cut-outs give us beautiful curves for the floor.

Corsett Leather Ottoman, $249, Urban Barn

Cinch it in for some sexy curves.

Incorporating curves into a modern space

- Use the 70/30 rule to balance the look in a room: 70 per cent square modern lines, 30 per cent curvy lines.
- Keep the colours solid and the patterns plain on curvy furnishings. Curvy lines and curvy patterns together are a thing of the past.
- Round-topped tables are good choices because they are easy to get around in a small space; no corners to bump into at night.

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The egg debate

Happy chickens, happy planet

What are the most sustainable eggs to buy?
-Natalia of Regina

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

You'll want to choose eggs from happy chickens!

Eating a planet-friendly diet includes consuming less meat, eggs and dairy products. But if you buy eggs, consume those that are humanely raised.

These days, egg cartons make claims like "cage-free," "free-run" and "free-range." And these choices matter. Tragically, more than 90 per cent of Canada's egg-laying hens are confined in "battery cages" — small wire cubes housing five to seven birds each, beaks cut (to control damage from pecking their cage mates), stacked row upon row upon row in large, windowless barns.

It's time to put the chickens before the eggs. Here's a quick guide to navigating egg-carton labels, from better to best choice (and don't be fooled by misleading claims like omega rich or fed vegetarian feed).

Cage-free eggs: Hens aren't confined to battery cages, but that's about it. They don't have access to the outdoors, and there are no assurances about what they are fed or what kinds of medications they are given. You might see this claim on all three types of non-battery cage production eggs — free-run, free-range and organic. Certification: none.

Free-run eggs: Chickens can move around in open-concept barns, but they don't necessarily have access to the great outdoors and overcrowding may still be an issue. Certification: none.

Free-range eggs: Hens see the light of day (depending on the weather) and their feet actually come in contact with the earth. Certification: none

Organic eggs are your best choice. These hens benefit from the highest welfare standards. And certified-organic labels often require the use of organic feed without growth hormones or antibiotics.

Certification can include third-party labels like Canada Organic, Quality Assurance International, USDA Organic and B.C. Certified Organic. You may also see certification by provincial welfare agencies. For example, the BC SPCA Certified label assures eggs come from farms that have passed their animal welfare standards.

More than 90 per cent of Canada's egg-laying hens are confined in battery cages. ISTOCK IMAGES

Old glass plates

No clearing up 'cloudy' effect

I have cut glass plates from my grandmother — she got them at Birks in the last century. The glass is cloudy — is there anything I can do to make them clear and sparkly again? Thanks, CE

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear CE,
Unfortunately nothing can be done. I have researched and spoken with several experts who all say the same thing. What has happened is that the glass plates overtime take on an "acid etched" quality. This is due to a general wearing down of the top layer of the glass. It's less likely to occur with lead crystal. If it was a small object sometimes they can be re-polished, however not practical in this instance. Hopefully you will keep them and enjoy the memory of your grandmother every time you use them despite the "cloudy" effect.
Bon Appétit!

Watering your garden plants wisely can yield epic results

Even in wet seasons. Most plants could use more water than they get just from rain, including the really heavy downpours

Effective watering of your garden, especially vegetables, is vital to its overall health and production. STOCK PHOTO

If it happens to be raining hard when you read this, my words might make you want to pelt me with over-ripe tomatoes — if you had them yet. Still, I'll say it: Timely watering can eke the best plant growth from any plot of ground in any season.

Even in wet seasons, watering usually helps, because the water that falls then isn't all available to plants. Roots need air to function, and a "cats and dogs" rain temporarily drives all the air out of the ground. Roots start to breathe and function again only after gravity has pulled excess water deeper into the ground. A timely watering will spur plant growth in those drier periods between rains.

Watering triage

This doesn't mean you need to set up elaborate irrigation systems. Such a degree of control would take too much of what is natural out of gardening.

Too much perfection in watering can even cause trouble, such as when it spurs invasion of aggressive grasses into a garden.

The part of the garden that cries out most for timely watering almost everywhere is the vegetable garden. Most vegetables are annual plants, so have their thirst quenched by just a season's growth of roots. What's more, we want our vegetables tender and juicy, qualities that come from cells plumped full of water.

Not all vegetables are demanding of water. Lettuce and radishes do reach perfection only in consistently moist soil, but tomatoes actually taste best if kept slightly dry.

Making the most

Whether you're growing vegetables, flowers or trees, how you care for the soil can have as much impact on satisfying your plants' thirst as can watering itself.

Applying plenty of organic materials, such as compost, leaves and straw, makes any soil better able to sponge up extra moisture.

Another way to preserve moisture is to avoid digging or tilling — these activities disrupt capillary water connections in the soil and "burn up" those water-retaining organic materials.

If you're going to stand there with hose in hand, supplying that much water is going to take you longer than you think. No matter how you water, dig down into the soil occasionally and check for moisture yourself.

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Cappuccino-paved rocky road leads to cheesecake

A great combination for a cheesecake is coffee, chocolate chips, marshmallows and toasted almonds.

This cheesecake is not only delicious but beautiful to present to your family and guests, especially if you drizzle it with more chocolate.

1. Preheat the oven to 350 F. Lightly coat a 9-inch springform pan with cooking spray.

2. In a small bowl, combine the crumbs, water and oil. Pat onto the bottom and partially up the sides of the pan.

3. Dissolve the coffee in the hot water. In the bowl of a food processor, add the ricotta and cream cheese, egg, sour cream, sugar, flour and dissolved coffee. Purée until smooth.

4. Pour into the pan and bake for 35 minutes. Remove from the oven.

5. Sprinkle the marshmallows, chocolate chips and almonds over the cake and bake for another 5 minutes. Allow to cool, and chill before serving.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS

Cappuccino Rocky Road Cheesecake

Recipe serves 12. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Crust
- 1 2/3 cups chocolate wafer crumbs
- 2 tbsp water
- 1 tbsp vegetable oil

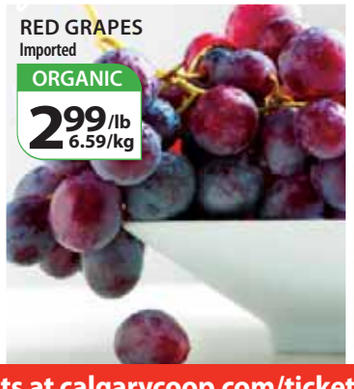
Filling
- 1 1/2 tbsp instant coffee or espresso powder
- 1 1/2 tbsp hot water
- 2 cups light ricotta
- 1/2 cup light cream cheese, cubed
- 1 large egg
- 3/4 cup low-fat sour cream
- 1 cup granulated sugar
- 3 tbsp all-purpose flour

Topping
- 1/3 cup miniature marshmallows
- 3 tbsp semisweet chocolate chips
- 3 tbsp slivered toasted almonds

CO-OP
Best Fresh

Check out the latest deals in this week's flyer!

Healthy ORGANIC Produce



Get your Seniors' Day tickets at calgarycoop.com/tickets AUG THU 2 FRI 3 SAT 4 SUN 5

Pricing in effect Thursday, August 2 to Sunday, August 5, 2012. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. We reserve the right to limit quantities. GST is extra where applicable.

Chocolate Fondant. An unexpected velvety finish to a special dinner

The sweet and spicy blend of honey mustard and chocolate makes for a simple yet sophisticated treat.

1. In a medium saucepan, bring cream to a boil. In a heatproof mixing bowl, pour cream over white chocolate. Mix well. Add honey mustard. Mix thoroughly. Pour mixture into an ice cube tray and freeze for 40 minutes.

2. Preheat oven to 250 C (475 F).

3. Meanwhile, in the top of a double boiler, melt butter and dark chocolate. Add eggs, flour and sugar to melted mixture and mix well.

4. Pour half of the dark chocolate mixture into small cupcake moulds. Place a frozen ball of ivory chocolate in the middle of each mould. Cover with remaining dark chocolate mixture. Bake for 8 to 10 minutes.

THE CANADIAN PRESS/MAILLE

Ingredients

- 60 ml (4 tbsp) 15 per cent cream
- 100 g (3 1/2 oz) white chocolate
- 30 ml (2 tbsp) honey mustard
- 60 g (2 oz) butter
- 200 g (7 oz) dark chocolate
- 3 eggs
- 125 ml (1/2 cup) flour
- 150 ml (2/3 cup) sugar

MLB

New York Yankees end 4-game skid

Robinson Cano hit a grand slam in a seven-run third inning, and New York sent Zach Britton to another shellacking at Yankee Stadium in a 12-3 rout of the Baltimore Orioles on Wednesday that stopped a four-game losing streak.

THE ASSOCIATED PRESS

Robison Cano GETTY IMAGES

CFL

Als' Emry and Lions' Reddick fined for Week 5 incidents

The Canadian Football League says it has assessed fines against two players for incidents from last week's action.

Montreal Alouettes linebacker Shea Emry was fined for an illegal block below the waist on a special-teams play during last Friday's game against the Toronto Argonauts.

And BC Lions linebacker Anthony Reddick was penalized for a late hit on Calgary Stampeders quarterback Kevin Glenn during last Saturday's game.

The league does not disclose player fine amounts.

THE CANADIAN PRESS

Adam Scott reacts to a missed par putt on the 18th green during the final round of the Open Championship on July 22 at Royal Lytham & St. Annes Golf Club in England. After his tough loss at the British Open, Scott is still convinced there will be a major championship trophy with his name on it. HARRY HOW/GETTY IMAGES FILE

Scott ready for his next shot at a major

Golf. Australian blew four-shot lead at British Open last month, but believes he can win a major trophy

There's no silver claret jug for Adam Scott, only a silver lining.

For two days after the British Open, where Scott lost a four-shot lead with four holes to play, he holed up at his home in the Swiss Alps and tried to digest what went wrong. The numbness he felt that Sunday evening, when Ernie Els was introduced as the champion golfer of the year, stayed with him. He didn't beat himself up. He didn't curl up in a corner. It was a time of quiet reflection.

It's when he went to the golf course at Crans-Sur-Sierre to hit balls that his outlook brightened considerably.

"I hit the first few balls, and I hit them nice," Scott said Wednesday. "And that was kind of a reminder that it's not horrible and I don't know how to play golf anymore. It was just four holes that I'll have to learn from and be tougher on myself next time I'm in that position."

That's what Scott took away from Royal Lytham & St. Annes. He is convinced there will be a next time. He's convinced there will be a major championship trophy in his name.

Scott still hasn't seen replays of that final hour. The soft bogey on the 15th. The three-putt bogey on the 16th. Belting a pure tee shot on the 17th, only to hit 6-iron to the left of the green to set up another bogey. And a 3-wood into the bunker on the 18th, which led to one final bogey to finish one shot behind.

"Look, I can imagine how it probably looked," Scott said. "If it was me watching somebody else, I certainly could feel for them. But for me ... I'm disappointed that I didn't win from that position, but I left that major the same as I've left every other one — and that's empty-handed."

Different from the others was remembering the first 68 holes that put him in that position.

Scott had never seriously contended in a major until last year at the Masters, where he made clutch putts over the closing holes and played well enough to win until Charl Schwartzel made history at Augusta National by closing with four straight birdies to win by two.

And now the Open.

His next chance is a week away.

Scott headed to Kiawah Island earlier this week to see The Ocean Course, where the PGA Championship is being held for the first time.

First up is the Bridgestone Invitational, where a year ago Scott claimed his first World Golf Championship.

THE ASSOCIATED PRESS

NHL. Flyers reward Laviolette with 2-year deal

Peter Laviolette led the Flyers within two wins of a Stanley Cup championship. Philadelphia is willing to give their coach a few more years to finish the job.

Laviolette and the Flyers agreed Wednesday to a two-year contract extension that will take him through the 2014-15 season.

Philadelphia has the third-most wins in the Eastern Conference (122), behind only Pittsburgh and Washington (127 each) since Laviolette was hired to take over for John Stevens in December 2009.

THE ASSOCIATED PRESS

Peter Laviolette GETTY IMAGES FILE

Baseball

Minor-league pitcher banned 50 games for drug violation

Free-agent pitcher Starlyn Suriel has been suspended 50 games for violating baseball's minor league drug program.

The commissioner's office announced Wednesday that Suriel tested positive for metabolites of Stanozolol.

The right-hander's suspension will take effect as soon as he signs with another major-league organization.

THE ASSOCIATED PRESS

Boxing. Mayweather Jr. due for release from jail

Floyd Mayweather Jr. is due for release from a Las Vegas jail by the weekend after serving two months in a domestic battery case.

Records show that the 35-year-old undefeated champion is due for release Friday from the Clark County Detention Center.

Las Vegas police Officer Jose Hernandez said Wednesday that Mayweather Jr. was granted time off his 90-day sentence for work and good behaviour.

Mayweather Jr. surrendered for jail on May 1 after pleading guilty in December to misdemeanour charges in a September 2010 scuffle with his girlfriend, Josie Harris, while two of their children watched.

Mayweather Jr. promoter Leonard Ellerbe did not respond this week to messages. THE ASSOCIATED PRESS

Plea deal

With the plea deal, Mayweather Jr. avoided a trial on felony charges that could have landed the boxer in prison for a maximum of 34 years.

4 SPORTS

Mobile sports

The gymnast whose career record for most Olympic medals was broken by Michael Phelps says she doesn't mind that the American swimmer has surpassed her. Larisa Latynina, who won 18 medals from 1956 to 1964 while competing for the Soviet Union, was in London on Tuesday to watch Phelps, and she says she was happy for him. Scan the code for the story.

Cycling. Wiggins sets new standard for British Olympians with gold in time trial

There was no better place for Bradley Wiggins to sit than on a throne.

The 32-year-old Londoner completed his coronation as one of Britain's top sports figures on Wednesday by winning gold in the men's time trial at the London Games, just 10 days after becoming the first British rider to win the Tour de France.

It was Wiggins' fourth Olympic gold — after three previous ones in track cycling — and gave him a British record seven overall. He had shared the mark of six medals with Steve Redgrave — although the rowing great won five golds.

After pedalling his way through a sea of flag-waving and sideburn-wearing fans toward the former royal residence of Hampton Court and a gold that never seemed in doubt, Wiggins was ushered from the finish line toward a very fitting seat — one of three gilded thrones where the top finishers waited to see if they had won a medal.

Bradley Wiggins in London on Wednesday. THE ASSOCIATED PRESS

Wiggins didn't have to sit there for more than a few seconds, as the only remaining threat — Fabian Cancellara — was well out of reach of his time.

Wiggins quickly jumped back on his bike and rode down the course again to share his victory with his raucous supporters.

"I wanted to go and see my wife and all the people that had come to stand there on the roadside," Wiggins said. "We all know about the Olympic ticketing ... The great thing about cycling is it's free to come and watch. All the real fans are out there, if you're not lucky enough to come in and get a ticket. It was nice to go back out and roll up and down."

Victoria native and Giro d'Italia winner Ryder Hesjedal was Canada's lone competitor in the event. He finished 28th.

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Thursday's 3 to watch

1 Women's judo

Amy Cotton of Montreal takes to the judo mat in the 78-kilogram class. The 32-year-old finished ninth at the 2004 Games in Athens.
Time: 8 a.m.
Channel: CTV

2 Men's swimming

American stars Ryan Lochte and Michael Phelps, pictured, look to add to their already impressive medal hauls in the 200-metre individual medley final.
Time: 12:30 p.m.
Channel: CTV

3 Women's beach volleyball

Canadian beach volleyball duo Annie Martin and Marie-Andree Lessard, pictured, look for their first win after a pair of losses. They take on Italians Greta Cicolari and Marta Menegatti.
Time: 5 a.m.
Channel: TSN

Rowing themselves to redemption

Men's eight. After last-place showing in heat over weekend, Canadians come back to earn silver in London

Credit the Canadian men's eight with a horrendous start and courageous finish to the Olympic regatta.

After finishing last in their opening heat last Saturday, the Canadians did a lot of soul-searching, absorbed a tongue-lashing from veteran coach Mike Spracklen and then got their act together again.

The roller-coaster ride led to a silver medal Wednesday at Eton Dorney, a tribute to hard work, good character and terrific coaching.

The Canadians won rowing's marquee event at the 2008 Games in Beijing but only had three returning members of that crew — Toronto's Andrew Byrnes, Victoria's Malcolm Howard and coxswain Brian Price of Belleville, Ont. — in the London boat.

The other members of the Canadian eight are Will Crothers and Rob Gibson of Kingston, Ont., Jerry Brown of Cobourg, Ont., Conlin McCabe of Brockville, Ont., Doug Csima of Oakville, Ont., and Gabe Bergen of 100 Mile House, B.C.

Since Beijing, the German eight has ruled the waves going unbeaten in almost four years.

Germany was unstoppable again, winning in five minutes 48.75 seconds ahead of Canada in 5:49.98 and Britain at 5:51.18.

Canada's men's eight rowing team members, from right, Jerry Brown, Andrew Byrnes, Conlin McCabe, Will Crothers, Rob Gibson, Brian Price, Malcolm Howard, Gabe Bergen, and Doug Csima celebrate their silver medal at Eton Dorney on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Quoted

"At 750 (metres), I said, 'Guys, put on your hard hats. It's time to go to work.' And they went to work. It was all about just work, work, work. Every stroke."

Canadian coxswain Brian Price

"We knew we'd have to have an amazing race to get on the medal podium," said McCabe. "Like to get the bronze, even."

Once on shore Wednesday, the Canadians celebrated as if they had won. It wasn't quite worst to first, but it was close.

Canada started sluggishly at the regatta, finishing last in its heat behind Germany, Britain and the Netherlands.

Spracklen said he ended a no-holds-barred meeting on Sunday by making an unusual request.

"I can't remember it word-for-word, but what I said was, 'I have one last request and I've never asked anyone before — win the race for me,'" said Spracklen.

The Canadians changed tactics as a result.

Instead of going after the Germans in the final on Wednesday, the Canadians focused on their start and then looked to work off other crews. They disposed of Australia, then the Dutch, then Britain.

"Right from our start, just I knew this was going to be good," said Brown. "(We) just had to keep pushing. The boat's on a rail — just keep adding to it. We've got so many horses in that boat."

THE CANADIAN PRESS

Hayden bites back to claim 1st medal

Swimming. Elder swimmer from Mission, B.C., wins bronze in his third Olympic Games

Brent Hayden celebrates his bronze-medal win Wednesday in the 100-metre freestyle at the Aquatic Centre in London. FRANK GUNN/THE CANADIAN PRESS

The most senior member on Canada's swim team conquered rookie nerves to capture his first Olympic medal.

Brent Hayden won bronze in the 100-metre freestyle Wednesday for Canada's first swim medal of the 2012 Summer Games.

After touching the wall in 47.80 seconds, Hayden turned, rose out of the water almost to his waist to see the scoreboard and then slapped his right hand into the water with joy.

"There are so many times when you can dream of something, but a million out of a million and one times it won't come true," Hayden said. "This was one of the things that I was very fortunate as a human being to have happen to me."

American Nathan Adrian out-touched James Magnussen for gold in 47.52, followed by the Australian in 47.53.

Hayden grappled with emotion and a complaining back in the hours prior to his race. The three-time Olympian required three spinal adjustments from his medical team to address his discomfort.

The Mission, B.C., swimmer is a world champion and world silver medallist in the distance, but was about to swim in his first Olympic final in three tries.

"I just couldn't help feeling like 'The best day of my life feels like the worst day of my life right now,'" he explained. "I woke at 6 a.m. and my heart pounding because I was thinking about the race.

"It took me a while to turn that off and fall back asleep. All throughout the day I kept having these moments where I'd kind of start to think about the race and my heart would start thumping and I thought 'I've got to stay calm, I've got to stay calm.'"

At 28, Hayden was more than three years older than Cesar Cielo, the next eldest in the final.

The two veterans went out quickly with Hayden second to the Brazilian at the 50-metre split. But Adrian and Magnussen went eyeball to eyeball in the fourth and fifth lanes and closed hard. Hayden kept contact in the seventh lane.

"I kind of had the urge to kiss the starting block because I just never knew I could love Lane 7 so much," he said. "Tonight was (about) digging down deep into my soul."

THE CANADIAN PRESS

A first for Canada

- Hayden is the first Canadian man to win an Olympic medal in the 100-metre freestyle.
- The man who last swam in a final, International Olympic Committee member Dick Pound, hung the bronze around Hayden's neck. Pound was sixth in the 1960 Olympics.

Quoted

"It was all about finding my inner strength and feeding off my fiancée's vibes from the stands."

Brent Hayden will marry Nadina Zarifeh in Lebanon a week after the closing ceremonies in London

Record reaction. London Games chairman 'not sure' Phelps the greatest

With 19 medals, Michael Phelps is the most decorated Olympian of all time. But the greatest?

Not for Sebastian Coe.

Coe, the two-time gold medallist in the 1,500 metres and head of the London Games, is not ready to anoint Phelps as the supreme Olympian.

"You can probably say that clearly, self-evidently, in medal tally he's the most successful," Coe said Wednesday. "My personal view is I am not sure he is the greatest, but he is certainly the most successful."

The American swam the anchor leg of the winning U.S. 4x200-metre freestyle relay Tuesday night to surpass Soviet gymnast Larisa Latynina for most career Olympic medals. Latynina won 18 medals at the 1956, 1960 and 1964 Olympics.

Phelps, who won a record eight gold medals at the 2008 Beijing Games, is competing in three other events in London and can take the record further. THE ASSOCIATED PRESS

Day 5 results

MEDAL STANDINGS

73 of 302 total medal events

Nation	G	S	B	Tot
China	17	9	4	30
United States	11	8	9	28
South Korea	6	2	4	12
France	5	3	4	12
North Korea	4	0	1	5
Germany	3	8	2	13
Italy	3	4	2	9
Kazakhstan	3	0	0	3
Japan	2	4	11	17
Russia	2	4	5	11
Also				
Canada	**0**	**1**	**5**	**6**

BASKETBALL

WOMEN

FIRST ROUND

Group A

Team	W	L	Pts
China	3	0	6
United States	3	0	6
Turkey	2	1	4
Czech Republic	1	2	2
Croatia	0	3	0
Angola	0	3	0

Group B

Country	W	L	Pts
France	3	0	6
Russia	3	0	6
Australia	2	1	4
Canada	**1**	**2**	**2**
Britain	0	2	0
Brazil	0	2	0

Wednesday, Aug. 1
France 64, Canada 60
China 76, Angola 52
Australia 67, Brazil 61
Russia 67, Britain 61
Czech Republic 89, Croatia 70
United States 89, Turkey 58

WHAT CANADA DID

Wednesday at the 2012 London Olympics

ROWING

Men's eights — Canada (Gabriel Bergen, 100 Mile House, B.C.; Douglas Csima, Oakville, Ont.; Rob Gibson, Kingston, Ont.; Conlin McCabe, Brockville, Ont.; Malcolm Howard, Victoria; Andrew Byrnes, Toronto; Jeremiah Brown, Cobourg, Ont.; Will Crothers, Kingston, Ont.; Brian Price, Belleville, Ont.), won the silver medal in 5:49.98.
Men's lightweight double sculls — Douglas Vandor, Dewittville, Que., and Morgan Jarvis, Clearwater Bay, Ont., finished first in their semifinal heat in 7:02.85 and qualified.
Men's pairs — David Calder, Victoria, and Scott Frandsen, Kelowna, B.C., finished first in their semifinal heat in 6:56.47 and qualified.

SWIMMING

Men's 100 freestyle — Brent Hayden, Mission, B.C., won the bronze medal in 47.80.
Men's 200 backstroke — Tobias Oriwol, Toronto, finished fourth in his qualifying heat in 1:58.06. He finished seventh in his semifinal heat in 1:58.74 and did not advance to the final.
Men's 200 individual medley — Andrew Ford, Guelph, Ont., finished first in his qualifying heat in 2:00.28. He finished seventh in his semifinal heat in 2:01.58 and did not advance to the final.
Women's 100 freestyle — Julia Wilkinson, Stratford, Ont., finished third in her qualifying heat in 54.16. She finished seventh in her semifinal heat in 54.25 and did not advance to the final.
Women's 200 breaststroke — Tera Van Beilen, Oakville, Ont., finished seventh in her qualifying heat in 2:27.70 and did not advance. Martha McCabe, Toronto, finished third in her qualifying heat in 2:26.39. She finished fourth in her semifinal heat in 2:24.09. McCabe, finished seventh in her final heat in 2:24.09 and advanced to the final.
Women's 4x200 freestyle relay — Canada (Barbara Jardin, Notre-Dame-de-Grace, Que.; Samantha Cheverton, Lachine, Que.; Amanda Reason, Toronto; Brittany MacLean, Toronto), finished second in its final heat in 7:50.84. Canada finished fourth in the final in 7:50.65.

BASKETBALL

Women — Canada lost to France 64-60.

JUDO

Men's 90Kg — Alexandre Emond, Montreal, lost to Winston Gordon, of Britain, in Ippon, O-guruma, in 1:43 in the round of 32.
Women's 70Kg — Kelita Zupancic, Whitby, Ont., lost to Lucie Decosse, of France, in Ippon, Ko-soto-gari, in 4:31 in the round of 16.

SAILING

Men's windsurfer — Zac Plavsic, Vancouver, is in seventh place after the fourth race (36).
Men's laser — David Wright, Toronto, is in 18th place after the sixth race (80).
Men's 49er — Hunter Lowden, West Vancouver, B.C. and Gordon Cook, Toronto, are in 14th place after the sixth race (50).
Women's laser radial — Danielle Dube, Glen Haven, N.S., is in 29th place after the sixth race (126).
Women's windsurfer — Nikola Girke, West Vancouver, B.C., is in ninth place after the fourth place (36).

ARCHERY

Women's individual 70m — Marie-Pier Beaudet, Levis, Que., lost to Louise Laursen, of Denmark, 7-3 in the round of 32.

CYCLING

Men's time trial — Ryder Hesjedal, Victoria, finished 28th in the final in 56:06.18.
Women's time trial — Clara Hughes, Glen Sutton, Que., finished fifth in the final in 38:28.96. Denise Ramsden, Yellowknife, finished 19th in the final in 41:44.81.

WEIGHTLIFTING

Women's 69Kg — Marie-Eve Beauchemin-Nadeau, Quebec City, finished eighth in the final with a weight of 239 kilograms.

FENCING

Women individual sabre — Sandra Sassine, Montreal, lost to Aleksandra Socha, of Poland, 15-7 in the round of 32.

DIVING

Men's synchronized 3m springboard — Alexandre Despatie, Laval, Que. and Reuben Ross, Regina, finished sixth in the final with a score of 421.83.

SOCCER

MEN

FIRST ROUND

GROUP A

	GP	W	D	L	GF	GA	Pts
Britain	3	2	1	0	5	2	7
Senegal	3	1	2	0	4	2	5
Uruguay	3	1	0	2	2	4	3
U.A.E.	3	0	1	2	3	6	1

Wednesday, Aug. 1
Britain 1, Uruguay 0
United Arab Emirates 1, Senegal 1

GROUP B

	GP	W	D	L	GF	GA	Pts
Mexico	3	2	1	0	3	0	7
South Korea	3	1	2	0	2	1	5
Gabon	3	0	2	1	1	3	2
Switzerland	3	0	1	2	2	4	1

Wednesday, Aug. 1
Mexico 1, Switzerland 0
Gabon 0, South Korea 0

GROUP C

	GP	W	D	L	GF	GA	Pts
Brazil	3	3	0	0	9	3	9
Egypt	3	1	1	1	6	5	4
Belarus	3	1	0	2	3	6	3
New Zealand	3	0	1	2	1	5	1

Wednesday, Aug. 1
Brazil 3, New Zealand 0
Egypt 3, Belarus 1

GROUP D

	GP	W	D	L	GF	GA	Pts
Japan	3	2	1	0	2	0	7
Honduras	3	1	2	0	3	2	5
Morocco	3	0	2	1	2	3	2
Spain	3	0	1	2	0	2	1

Wednesday, Aug. 1
Morocco 0, Spain 0
Honduras 0, Japan 0

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MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	61	43	.587	—
Baltimore	55	50	.524	6½
Tampa Bay	55	50	.524	6½
Boston	53	52	.505	8½
Toronto	**51**	**52**	**.495**	**9½**

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	57	47	.548	—
Detroit	55	50	.524	2½
Cleveland	50	54	.481	7
Minnesota	44	60	.423	13
Kansas City	43	60	.417	13½

WEST DIVISION

	W	L	Pct	GB
Texas	60	43	.583	—
Los Angeles	57	48	.543	4
Oakland	56	48	.538	4½
Seattle	49	57	.462	12½

Wednesday's results
N.Y. Yankees 12 Baltimore 3
Chicago White Sox 3 Minnesota 2
Tampa Bay 4 Oakland 1
Kansas City 5 Cleveland 2
Detroit 7 Boston 5
Texas 11 L.A. Angels 10 (10 inn.)
Toronto at Seattle
Tuesday's results
Seattle 7 **Toronto 2**
Baltimore 11 N.Y. Yankees 5
Tampa Bay 8 Oakland 0
L.A. Angels 6 Texas 2
Chicago White Sox 4 Minnesota 3
Boston 4 Detroit 1 (6 inn.)
Kansas City 8 Cleveland 3
Thursday's games
All times Eastern
Minnesota (Deduno 2-0) at Boston (Lester 5-8), 7:10 p.m.
L.A. Angels (C.Wilson 9-7) at Texas (Dempster 0-0), 8:05 p.m.
Cleveland (Kluber 0-0) at Kansas City (B.Chen 7-9), 8:10 p.m.
Toronto (H.Alvarez 7-7) at Oakland (B.Colon 7-8), 10:05 p.m.
Friday's games
Cleveland at Detroit, 7:05 p.m.
Seattle at N.Y. Yankees, 7:05 p.m.
Baltimore at Tampa Bay, 7:10 p.m.
Minnesota at Boston, 7:10 p.m.
L.A. Angels at Chicago White Sox, 8:10 p.m.
Texas at Kansas City, 8:10 p.m.
Toronto at Oakland, 10:05 p.m.

AL LEADERS

	G	AB	R	H	Avg.
Trout, LAA	81	329	80	116	.353
Konerko, ChiW	95	352	47	115	.327
Mauer, Minn	95	353	59	114	.323
MiCabrera, Det	104	410	67	132	.322
AJackson, Det	82	320	63	102	.319
Ortiz, Bos	89	320	65	101	.316
Rios, ChiW	101	387	63	121	.313
Jeter, NYY	101	430	59	134	.312
Beltre, Tex	98	383	57	119	.311
Cano, NYY	103	404	66	125	.309

Runs — Trout, LA, 80; Granderson, NY, 71; Kinsler, Tex, 70; AdJones, Bal, 69; MiCabrera, Det, 67; Cano, NY, 66; Choo, Cle, 66; De Aza, Chi, 66; **Encarnacion, Toronto, 66.**
RBI — MiCabrera, Det, 85; Hamilton, Texas, 84; Willingham, Min, 79; ADunn, Chi, 73; **Encarnacion, Tor, 72;** Fielder, Det, 72; Teixeira, NY, 71.
Home Runs— ADunn, Chi, 31; Hamilton, Tex, 29; **Encarnacion, Toronto, 28;** Granderson, NY, 28; **Bautista, Toronto, 27;** Willingham, Min, 27.
Wednesday's games not included

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	61	42	.592	—
Atlanta	59	45	.567	2½
New York	50	54	.481	11½
Miami	48	56	.462	13½
Philadelphia	47	57	.452	14½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	63	41	.606	—
Pittsburgh	60	44	.577	3
St. Louis	55	48	.534	7½
Milwaukee	48	56	.462	15
Chicago	43	60	.417	19½
Houston	35	71	.330	29

WEST DIVISION

	W	L	Pct	GB
San Francisco	56	47	.544	—
Los Angeles	56	50	.528	1½
Arizona	54	51	.514	3
San Diego	44	62	.415	13½
Colorado	37	64	.366	18

Wednesday's results
Arizona 4 L.A. Dodgers 0
Philadelphia 3 Washington 2
Miami 4 Atlanta 2
Cincinnati 6 San Diego 4
Milwaukee 13 Houston 4
Pittsburgh 8 Chicago Cubs 4
St. Louis at Colorado
N.Y. Mets at San Francisco
Tuesday's results
San Francisco 4 N.Y. Mets 1
Arizona 8 L.A. Dodgers 2
Philadelphia 8 Washington 0
Cincinnati 7 San Diego 6
St. Louis 11 Colorado 6
Atlanta 7 Miami 1
Pittsburgh 5 Chicago Cubs 0
Milwaukee 10 Houston 1
Thursday's games
All times Eastern
San Diego (Ohlendorf 3-1) at Cincinnati (Cueto 13-5), 12:35 p.m.
N.Y. Mets (C.Young 2-5) at San Francisco (Zito 8-7), 3:45 p.m.
Philadelphia (Hamels 11-5) at Washington (Detwiler 5-4), 7:05 p.m.
Miami (Eovaldi 2-6) at Atlanta (Minor 6-7), 7:10 p.m.
St. Louis (Lynn 13-4) at Colorado (White 2-6), 8:40 p.m.
Friday's games
Miami at Washington, 4:05 p.m., 1st game
Arizona at Philadelphia, 7:05 p.m.
Pittsburgh at Cincinnati, 7:10 p.m.
Houston at Atlanta, 7:35 p.m.
Miami at Washington, 7:35 p.m., 2nd game
Milwaukee at St. Louis, 8:15 p.m.
San Francisco at Colorado, 8:40 p.m.
N.Y. Mets at San Diego, 10:05 p.m.
Chicago Cubs at L.A. Dodgers, 10:10 p.m.

NL LEADERS

	G	AB	R	H	Avg.
McCutchen, Pgh	99	372	69	138	.371
MeCabrera, SF	99	404	68	142	.351
Votto, Cin	86	298	52	102	.342
Ruiz, Pha	94	309	47	105	.340
DWright, NYM	100	371	65	122	.329
CGonzalez, Col	93	376	70	123	.327
Holliday, StL	100	381	67	122	.320
Freese, StL	93	340	50	108	.318
Posey, SF	93	334	41	106	.317
Braun, Mil	96	368	69	114	.310

Runs—Bourn, Atl, 70; CGonzalez, Col, 70; Braun, Mil, 69; McCutchen, Pit, 69; MeCabrera, SF, 68.
RBI — Beltran, StL, 75; Kubel, Arz, 72; CGonzalez, Col, 71; DWright, NY, 71; Holliday, StL, 70.
Wednesday's games not included

LATE TUESDAY

MARINERS 7, BLUE JAYS 2

Toronto	AB	R	H	BI	BB	SO	Avg.
Lawrie 3b	4	0	2	2	0	1	.287
Rasmus cf	4	0	0	0	0	1	.241
Encarnacion dh	3	0	0	0	1	1	.293
Cooper 1b	4	0	0	0	0	2	.271
Y.Escobar ss	4	0	1	0	0	1	.256
K.Johnson 2b	4	0	0	0	0	1	.236
R.Davis lf	4	0	1	0	0	1	.258
Mathis c	3	1	1	0	0	0	.248
Sierra rf	3	1	1	0	0	0	.333
Totals	**33**	**2**	**6**	**2**	**1**	**8**	
Seattle	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**Avg.**
Ackley 2b	5	1	1	3	0	0	.224
C.Wells rf	4	0	0	0	1	0	.244
M.Saunders cf	4	1	0	0	0	1	.257
J.Montero dh	4	0	1	0	0	0	.263
Seager 3b	3	1	2	0	1	0	.251
Carp 1b	3	1	1	0	0	1	.209
Olivo c	4	1	2	2	0	1	.208
T.Robinson lf	3	2	2	1	1	1	.400
Ryan ss	4	0	3	1	0	1	.205
Totals	**34**	**7**	**12**	**7**	**3**	**5**	

Toronto	002		000		000			—2	6	1
Seattle	130		120		00x			—7	12	1

E—K.Johnson (10), Olivo (4). LOB—Toronto 5, Seattle 7. 2B—Lawrie (20), Olivo (8), T.Robinson (2). HR—Ackley (7), off Laffey. RBIs—Lawrie 2 (40), Ackley 3 (31), Olivo 2 (21), T.Robinson (2), Ryan (27). SB—Ackley (12). CS—Ackley (3), Seager (5).

Toronto	IP	H	R	ER	BB	SO	NP	ERA
Laffey L, 2-2	4⅓	9	7	7	2	0	75	4.20
Lyon	1⅓	1	0	0	0	3	26	0.00
Delabar	1	1	0	0	0	1	17	4.06
A.Carpenter	1	1	0	0	1	1	23	5.00
Seattle	**IP**	**H**	**R**	**ER**	**BB**	**SO**	**NP**	**ERA**
Vargas W, 12-7	7	5	2	2	1	4	103	3.71
Kelley	1	1	0	0	0	1	21	3.64
Kinney	1	0	0	0	0	3	12	2.08

Inherited runners-scored—Lyon 3-2. HBP—by Laffey (Carp). WP—Kelley.
T—2:54. A—21,434 (47,860).

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Sierra	3	1	1	0	0	.333
Encarnacion	362	66	106	28	72	.293
Lawrie	387	59	111	9	40	.287
Cooper	70	8	19	2	6	.271
Davis	229	39	59	6	26	.258
Escobar	379	49	97	7	35	.256
Mathis	101	17	25	5	13	.248
Bautista	328	63	80	27	65	.244
Arencibia	281	36	68	16	50	.242
Rasmus	386	54	93	18	64	.241
Johnson	351	46	83	11	39	.236
Lind	198	17	45	8	27	.227
Vizquel	92	10	20	0	3	.217
Gomes	53	7	11	3	10	.208
Gose	28	2	5	0	1	.179
PITCHERS	**W**	**L**	**SV**	**IP**	**SO**	**ERA**
Mathis	0	0	0	2.0	0	9.00
Lyon	1	0	0	4.1	9	0.00
Oliver	2	2	1	38.2	39	1.40
Janssen	1	1	13	39.2	41	2.27
Loup	0	1	0	9.2	6	2.79
Villanueva	6	0	0	61.2	65	2.92
Morrow	7	4	0	77.2	67	3.01
Perez	2	2	0	42.0	39	3.43
Frasor	1	1	0	36.0	45	4.00
Delabar	2	1	0	37.2	47	4.06
Laffey	2	2	0	49.1	26	4.20
Alvarez	7	7	0	126.0	48	4.43
Hutchison	5	3	0	58.2	49	4.60
Drabek	4	7	0	71.1	47	4.67
Carpenter	0	0	0	9.0	9	5.00
Happ	0	0	0	5.0	3	5.40
Cecil	2	4	0	45.1	41	5.56
Romero	8	8	0	129.2	92	5.69
Santos	0	1	2	5.0	4	9.00
Coello	0	1	0	6.1	11	12.79

Wednesday's game not included

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	22	11	6	5	38	32	38
Kansas City	22	11	7	4	27	21	37
Houston	22	10	5	7	33	25	37
D.C.	20	10	7	3	34	27	33
Chicago	21	9	7	5	23	23	32
Columbus	19	8	7	4	20	20	28
Montreal	24	8	13	3	33	43	27
New England	21	7	9	5	27	26	26
Philadelphia	19	6	11	2	21	23	20
Toronto	21	5	12	4	24	38	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	23	13	5	5	46	28	44
Salt Lake	23	13	7	3	35	27	42
Seattle	21	9	5	7	27	22	34
Vancouver	23	9	7	7	26	28	34
Los Angeles	23	10	10	3	39	35	33
Chivas USA	20	7	8	5	14	21	26
Colorado	22	7	14	1	28	32	22
Dallas	23	5	11	7	25	31	22
Portland	21	5	12	4	19	36	19

Note: Three points for a win, one for a tie.
Friday's game
All times Eastern
New York at Houston, 8 p.m.
Saturday's games
Columbus at D.C., 7:30 p.m.
Kansas City at New England, 7:30 p.m.
Philadelphia at Montreal, 7:30 p.m.
Toronto at Chicago, 8:30 p.m.
Salt Lake at Colorado, 9 p.m.
Sunday's games
Dallas at Portland, 7 p.m.
Los Angeles at Seattle, 9 p.m.

CONCACAF

CHAMPIONS LEAGUE

FIRST ROUND
Winners advance
GROUP ONE

	GP	W	D	L	GF	GA	Pts
Toronto	**1**	**1**	**0**	**0**	**5**	**1**	**3**
Santos Laguna	0	0	0	0	0	0	0
Aguila	1	0	0	1	1	5	0

Wednesday's result
Toronto (Canada) 5 Aguila (El Salvador) 1
Tuesday, Aug. 21
Santos Laguna (Mex.) v Aguila (El Salvdr), 8 pm
Tuesday, Aug. 28
Toronto (Cda.) vs. Santos Laguna (Mex.), 8 pm
Wednesday, Sept. 19
Aguila (El Slvdr) v Santos Laguna (Mex.), 10 pm
Tuesday, Sept. 25
Aguila (El Salvador) vs. **Toronto (Cda.),** 10 p.m.
Wednesday, Oct. 24
Santos Laguna (Mex.) vs. **Toronto (Cda.),** 8 pm
GROUP TWO

	GP	W	D	L	GF	GA	Pts
Herediano	1	1	0	0	1	0	3
Tauro	0	0	0	0	0	0	0
Salt Lake	1	0	0	1	0	1	0

Tuesday's result
Herediano (Costa Rica) 1 Salt Lake (U.S.) 0
GROUP THREE
Thursday's game
Olimpia (Honduras) v FAS (El Salvador), 10 pm
GROUP FOUR
Thursday's game
Seattle (US) v Caledonia AIA (Trin.&Tob.), 10 pm
GROUP FIVE
Wednesday's result
Isidro Metapan (El Slvdr) v Puerto Rico (P.R.)
GROUP SIX
Wednesday's result
Tigres (Mex.) v Real Esteli (Nicaragua), 10 pm

TRANSACTIONS

BASEBALL

MLB

COMMISSIONER'S OFFICE — Suspended minor league free-agent RHP Starlyn Suriel 50 games after testing positive for metabolites of a performance-enhancing substance in violation of the Minor League Drug Prevention and Treatment Program.
LEAGUE OFFICE—Suspended Cincinnati C Devin Mesoraco 3 games & fined him undisclosed amount for making contact with umpire Chad Fairchild during Mon.'s game against San Diego.

AMERICAN LEAGUE

BOSTON RED SOX — Reinstated RHP Chris Carpenter from the 60-day DL & optioned him to Pawtucket (IL). Recalled C Ryan Lavarnway from Pawtucket (IL). Placed OF Daniel Nava on the 15-day DL, retroactive to July 29. Optioned RHP Clayton Mortensen to Pawtucket.
CLEVELAND INDIANS — Placed DH Travis Hafner on paternity list. Recalled INF/OF Vinny Rottino & RHP Corey Kluber from Columbus (IL).
L.A. ANGELS — Placed LHP Scott Downs on the 15-day DL, retroactive to July 28. Recalled LHP Hisanori Takahashi from Salt Lake (PCL).
KANSAS CITY ROYALS — Recalled RHP Jeremy Jeffress from Omaha (PCL).
NEW YORK YANKEES — Optioned INF Ramiro Pena to Scranton/Wilkes-Barre (IL). Released OF Dewayne Wise. Assigned RHP Charlie Short to Charleston (SAL).
SEATTLE MARINERS — Optioned OF Carlos Peguero to Tacoma (PCL).
TAMPA BAY RAYS — Released OF/DH Hideki Matsui.
TEXAS RANGERS — Optioned LHP Martin Perez to Round Rock (PCL).

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS — Recalled LHP Patrick Corbin from Reno (PCL). Optioned RHP Brad Bergesen to Reno (PCL).
ATLANTA BRAVES — Optioned OF Jose Constanza to Gwinnett (IL).
CHICAGO CUBS — Optioned RHP Jake Brigham to Tennessee (SL) and RHP Casey Coleman and RHP Jaye Chapman to Iowa (PCL). Recalled RHP Alberto Cabrera and RHP Chris Volstad from Iowa (PCL).
CINCINNATI REDS — Optioned RHP Todd Redmond to Louisville (IL). Placed C Devin Mesoraco on 7-day concussion DL. Selected contract of C Dioner Navarro from Louisville (IL). Designated INF Mike Costanzo for assignment.
COLORADO ROCKIES — Reinstated C Wil Nieves from the 15-day DL and designated him for assignment. Named Bill Geivett senior vice-president of major league operations.
LOS ANGELES DODGERS — Designated OF Bobby Abreu for assignment.
MIAMI MARLINS — Optioned INF Zack Cox to Jacksonville (SL).
NEW YORK METS — Selected the contract of RHP Zack Wheeler from Buffalo (IL).
PHILADELPHIA PHILLIES — Designated INF Mike Fontenot for assignment. Recalled UT Michael Martinez from Lehigh Valley (IL). Transferred RHP David Herndon to the 60-day DL. Assigned C Tommy Joseph and RHP Ethan Martin to Reading (EL). Reassigned RHP Justin Friend from Lehigh Valley to Reading.
PITTSBURGH PIRATES — Optioned RHP Daniel McCutchen to Indianapolis (IL). Agreed to terms with RHP Erik Turgeon on a minor league contract. Assigned LHP Jhonathan Ramos to Bradenton (FSL) and RHP Kyle Kaminska to Altoona (EL).

FOOTBALL

CFL

LEAGUE OFFICE — Fined Mtl. LB Shea Emry for illegal block below the waist & B.C. LB Anthony Reddick for late hit during last week's games.
WINNIPEG BLUE BOMBERS — Released DL Rodney Fritz and DB Darrell Pasco.

NFL

ARIZONA CARDINALS — Signed RB Rich Ohrnberger and OL Thomas Clayton. Released WR Stanley Arukwe. Placed C Ryan Bartholomew on the waived-injured list.
BALTIMORE RAVENS — Signed TE Billy Bajema. Waived QB John Brantley.
N.Y. JETS — Waived S Tracy Wilson and FB Fui Vakapuna. Signed DB Devon Torrence.
PHILADELPHIA EAGLES — Signed WR Andrew Brewer. Waived WR Ronald Johnson.
PITTSBURGH STEELERS—Waived OT Bridger Buche.
TENNESSEE TITANS — Signed TE Joey Haynos and WR Marcus Harris.

HOCKEY

NHL

DETROIT RED WINGS — Signed a two-year affiliation agreement with Toledo (ECHL).
PHILADELPHIA FLYERS — Signed coach Peter Laviolette to a multiyear contract extension.

LACROSSE

NLL

COLORADO MAMMOTH — Designated franchise tags on F John Grant Jr. & F Gavin Prout.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Hamilton	5	3	2	0	162	167	6
Toronto	5	3	2	0	129	133	6
Montreal	5	2	3	0	128	162	4
Winnipeg	5	1	4	0	101	163	2

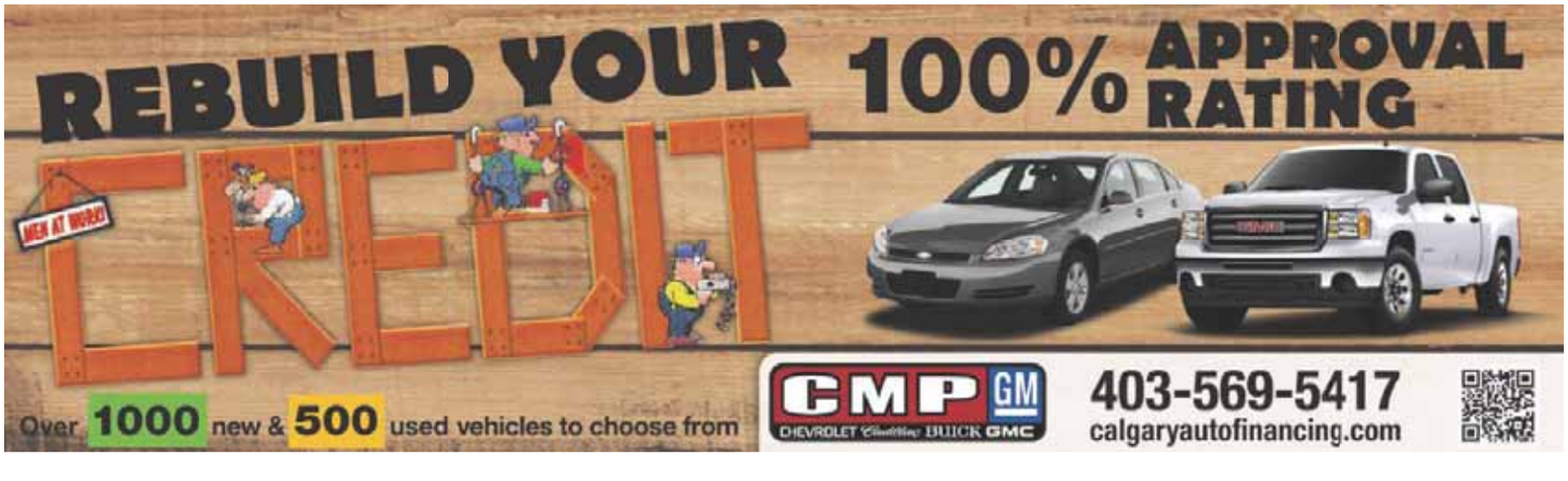
WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	5	3	2	0	155	113	6
B.C.	5	3	2	0	140	110	6
Edmonton	5	3	2	0	101	79	6
Calgary	5	2	3	0	155	154	4

WEEK SIX
Byes: Calgary, Edmonton, Hamilton, Sask.
Friday's game
All times Eastern
Montreal at Winnipeg, 8:30 p.m.
Monday's game
B.C. at Toronto, 5 p.m.
WEEK SEVEN
Byes: B.C., Montreal, Toronto, Winnipeg
Thursday, Aug. 9
Calgary at Hamilton, 7 p.m.
Friday, Aug. 10
Saskatchewan at Edmonton, 9:30 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Milo, Sask	0	16	11	6	55
McCallum, BC	0	14	13	1	54
Paredes, Cal	0	14	11	0	47
Whyte, Mtl	0	12	10	1	43
Palardy, Wpg	0	6	12	0	42
Shaw, Edm	0	8	10	1	39
x-Lewis, Cal	6	2	0	0	38
Congi, Ham	0	19	6	1	38
Prefontaine, Tor	0	5	10	2	37
Sheets, Sask	6	0	0	0	36
C.Williams, Ham	6	0	0	0	36



Horoscopes

♈ Aries
March 21 - April 20
You have the energy and the ambition to make something special of your life, but not everyone believes you are up to the task. Go out of your way to prove them wrong today. They won't doubt you much longer.

♉ Taurus
April 21 - May 21
You may be tempted to get involved in a friend's personal problems but that would be a big mistake. No matter how much you think they need help, the best thing you can do is steer clear — for now.

♊ Gemini
May 22 - June 21
The Sun in Leo is good for Geminis but today's full moon could bring some kind of setback. If travel or social plans have to be changed, there is no point getting mad about it. Just go with the flow.

♋ Cancer
June 22 - July 23
Today's full moon takes place in the wealth sector of your chart, so you would be wise not to take chances with money, either your own or other people's. A little caution is by far the best investment.

♌ Leo
July 24 - Aug. 23
The Sun in your sign makes all things possible but it doesn't get rid of those annoying people who always seem to be telling you not to take risks. No one tells a Leo to do anything and gets away with it!

♍ Virgo
Aug. 24 - Sept. 23
You may decide, with good reason, that you don't want to take on extra duties on the work front, and you are within your rights to say so. You're not interested in doing more — you want to do better.

♎ Libra
Sept. 24 - Oct. 23
There is a luck factor working in your favour at the moment but don't take it for granted. Today's full moon will in some way remind you that fate has a tendency to change just when we least expect it.

♏ Scorpio
Oct. 24 - Nov. 22
You may be ambitious at the moment but today's full moon could bring an element of self-doubt into your life. Scorpio, self doubt? Is that possible? Yes it is, but only in the short-term.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to slow down and enjoy the fruits of your success but while the momentum is on your side you really ought to make the most of it. Do something outstanding today.

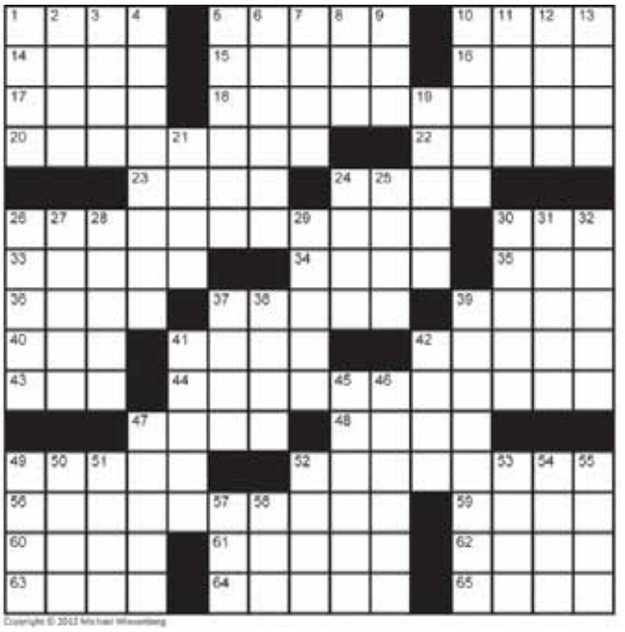
♑ Capricorn
Dec. 22 - Jan. 20
The planets warn that nothing is what it seems at the moment, so make an effort to read between the lines, especially when there is money at stake. Accept nothing on trust — always demand facts and figures.

♒ Aquarius
Jan. 21 - Feb. 19
It does not matter how worked up you get about various injustices, you won't be able to change anything. All you can do is take care of your own life. Others will follow your example.

♓ Pisces
Feb. 20 - March 20
The best way to forget your worries is to throw yourself into your work. By focusing your conscious mind on the task at hand, you free your subconscious mind to find the answers for you. It won't take long. SALLY BROMPTON

Crossword: This and That

BY MICHAEL WIESENBERG



Across

1. Actress Watson of Harry Potter movies
5. Ontario and Great Slave
10. Alberta-based power distribution company that controls its operations through Canadian Utilities
14. Car top
15. Internet-based periodical, familiarly
16. "Ouch!"
17. "What business is ___ yours?"
18. Montréal's ___ Seaway
20. Canada's 20th PM, 1993-2003
22. Arm bones
23. Gator's cousin
24. Three tsps.
26. Hamilton-born SCTV and SNL graduate who starred in *Three Amigos, Innerspace, Pure Luck, Mars Attacks!, Father of the Bride, and Father of the Bride Part 2*
30. "Do ___ say!"
33. "I don't want to hear ___ out of you!"
34. Modest response to praise
35. Wheat part
36. Caked deposit
37. Toronto-born *60 Minutes* regular Morley
39. Huff
40. Not hers
41. "___ Want for Christmas ..."
42. Big spoon
43. Bullfight "Bravo!"
44. Kitchener-born Miss Moneypenny player in many Bond movies
47. Stereo brand
48. French assents
49. Big name in dental care
52. Ontario neighbor
56. Canada's government
59. Iraqi or Lebanese
60. Songstress James of jazz
61. "Ready or not, ___ come!"
62. *The Thomas Crown Affair* costar Russo
63. ATM offering
64. Cubic metre
65. Does lawn repair

Down

1. Guitarist Clapton
2. Butterfly relative
3. Tie up, in a way
4. Impacted
5. Skin wound
6. Early Mexicans
7. Brick-baking oven
8. Old Spanish queen or Bambi's aunt (NAE anagram)
9. Repair tears
10. "The dog gave ___ when the boy kicked it"
11. Ala. neighbor
12. ___-Cola
13. Is in debt
19. Out of practice
21. Stumble
24. Kind of bag
25. "It's c-c-c-cold!"
26. Chest-thumping
27. Taxing month
28. Employ again
29. Stereos
30. *Biography* cable channel
31. Unappetizing fare
32. "___ Inside": computer slogan
37. Decelerate
38. Et ___: and others (Lat.)
39. Reacted to a knockout
41. Excuse
42. Half CXXIV
45. Bellyacher
46. Em or Mame
47. Moslem deity
49. Org. that includes Venezuela and Ecuador
50. ___-tat-tat: machinegun sound
51. Painting and sculpture, e.g.
52. Just
53. Some kids eat the middle of this first
54. Rock group
55. President Lincoln and namesakes
57. Contented comments
58. Encountered

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

7				5				9
	8				6	2	7	
	9		7	3				
	7					8		
8		4				5		3
		1					2	
				4	8		3	
	6	5	1				9	
2				6				1

Yesterday's Sudoku

6	2	5	3	4	9	1	8	7
4	8	9	7	6	1	3	2	5
7	3	1	2	5	8	9	6	4
3	5	4	8	9	6	2	7	1
2	7	8	1	3	4	5	9	6
9	1	6	5	7	2	8	4	3
1	4	7	9	2	5	6	3	8
8	9	3	6	1	7	4	5	2
5	6	2	4	8	3	7	1	9

Weather

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
WEATHER SPECIALIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

	TODAY	FRIDAY	SATURDAY
	MAX: 15° MIN: 12°	MAX: 20° MIN: 8°	MAX: 25° MIN: 15°

NEW
COORS
LIGHT
ICED T
COORS LIGHT ICED T
Coors Light with a refreshing taste of Iced Tea
LIGHT BEER WITH NATURAL FLAVOUR